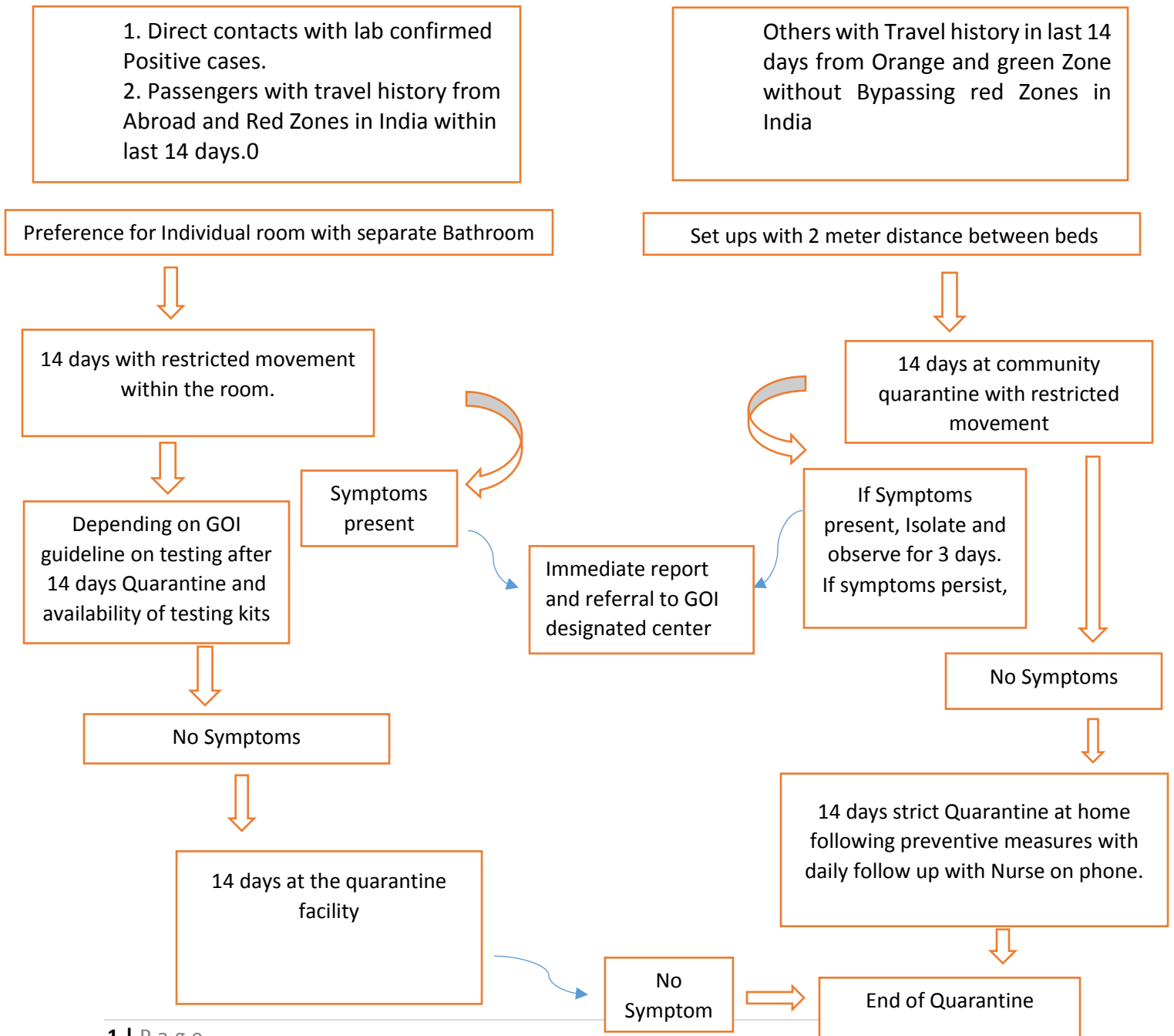


CTA Emergency committee's revised SOP guideline for Wuhan COVID-19 Community Quarantine centers in Tibetan Settlements.

BACKGROUND

As COVID-19 continues to spread across the globe, it is recommended that the settlements follow this revised Guideline on quarantine facility to prevent the spread of COVID-19 within our Tibetan community. The recommended duration of quarantine for Covid-19 is up to 28 days.

Anyone with travel history and contacts with Positive case is recommended to follow the following procedures. Anyone without travel history, but with persisting symptoms for more than three days should be isolated and immediately report / refer to GOI designated centers on deterioration of symptoms.



INFRASTRUCTURE

A space with good ventilation, electricity, portable water preferably in the outskirts of the settlement.

Where possible, provide one room and one bathroom per person. (In case of family with same background case, shared room is recommended)

If more than one person is allocated in a room, there should be two meter distance between two beds with no bed facing opposite to each other.

One separate room/Area for Nurses station and fever triage.

One for isolation.

Minimal Personnel: 2 Nurse, 1 cleaner, 1 cook and one guard should be provided with adequate PPE in stocks.

Every quarantine person should be assigned:

Bed/Mattress

Dustbin/Plastic bags

Mask (2 Piece each day)

Sanitizer.

Bucket and Mug

The following should be provided by Family

Pillow and Sheets (2 sets)

Towels

Toothbrush, Detergents, soaps, shampoo and toothpaste and personal utensils.

Clothing changes and slipper.

Social support resources/ Recreational support.

Wifi /Radio for older people (Optional depending on budget and need)

Logistic management

All logistic to be used in quarantine facility i.e., PPE , medical equipment i.e. Thermal thermometer, Stethoscope, BP machine etc., Should be in place. Performa needs to be prepared for daily consumption of PPE, triple layer mask, gloves, etc. and monitored by logistic team on weekly basis.

Minimum Requirements of Equipment for Quarantine Facility

Equipment	Daily Consumption for holding 100 persons
Gloves <ul style="list-style-type: none"> • Reusable vinyl or rubber gloves for environmental cleaning. • latex single-use gloves for clinical care 	7 per day (2 in standby)
Particulate respirators (N95)	4/ day (2 in standby)
Medical (surgical or procedure) masks	2/person for quarantine
PPE Kit	4/day
Alcohol-based hand rub	1/person
Plain soap (liquid if possible, for washing hands)	1/person
Clean single-use towels (e.g. paper towels)	1/person
Disinfectants for surface, Instruments etc.	10 Liters
Dustbin with lid and appropriate clinical waste bags.	1/bed or 3 set in dormitory setting
Medical Equipment <ol style="list-style-type: none"> 1. Infra-red thermometer 1. 2.SPO2 2. Stethoscope 3. BP machine 	1 1 1 1
Vitamins and other prophylactic medications recommended by doctors and other treatments based on doctor's advice.	1/person

Monitoring:

During the quarantine period, quarantined persons should be monitored twice daily for fever and respiratory symptoms.

Those showing symptoms of Corona virus (fever, cough, sore throat, breathlessness etc.) should be immediately informed to respective district's surveillance officer (GOI) and referred to designate GOI centers with due precautions and same should be reported to DOH. Settlement officer should appoint a supervisory in charge for monitoring and coordination work.

Coordination and reporting mechanisms

To ensure standardized reporting, daily reporting formats of suspected cases with symptoms related to corona virus, to be sent weekly to relevant Department of Health, CTA surveillance team as per the format developed by DOH.

Establishment of Infection Prevention Control (IPC) measures

- Ensure that all health care personnel including cleaners use PPE as per infection control guidelines. Separate areas to be earmarked for PPE donning and doffing.
- Quarantined persons should be informed on Dos and Don'ts on arrival.

- It is to be ensured that all the quarantine facility is decontaminated daily with including surface mopping of all the floor, bathrooms, toilets facility, under side of beds, other related items placed in the rooms of quarantine people
- To ensure that biomedical waste management in the facility takes place as per standard guidelines, separate colored bags, foot operating dustbins needs to be kept at each floor and outside the facility. All the waste generated at the center is to be considered as Bio medical waste and should be collected and disposed as per established protocols.
- All the health care workers collecting the possible infectious material such as food items, PPE kits from yellow bags should also wear PPE and following the Infection prevention and control measures.
- All care workers needs to be well oriented to requirements of handling and management of general and biomedical waste generated at the facility.
- Food waste, dry waste, used cotton and masks should be thrown in three separate bags.

Guidelines for disinfection of quarantine facility (for COVID-19)

Area/Items	Item/Equipment	Method/ Procedure
Floors (quarantine area) daily mopping	1. detergent/ sanitizer 2. warm water 3. 1% sodium hypochlorite solution	<ul style="list-style-type: none"> • prepare cleaning solution with detergent • first mop the area with detergent solution • clean the mop in water • Mop the area again with 1% Sodium Hypochlorite Solution after drying the area • In between mopping if the solution or water is dirty change it frequently • Mopping should be done daily and should start from cleaner to dirtier area.
Door and door knob Furniture and Fittings, light switches, railings	Damp duster warm water Detergent Dry duster	Using warm water and detergent, damp dust all furniture and fittings, including stools, beds and frequently touched surfaces, waste/ bins and dry properly.
Medical Equipment: Infra-Red thermometer SPO2 Stethoscope BP Machine	Alcohol based rubs/ spirit swab	<ul style="list-style-type: none"> • should be stored in dry area • All the medical equipment should be thoroughly cleaned with spirit swab after each patient contact
Linen/ Pillow cover	1% Sodium Hypochlorite solution Tap Water	Should be washed under running water and soaked in 1% sodium hypochlorite for 20 minutes. Note: PPE should be worn while washing soiled linen.
Mattress	1% Hypochlorite solution	<ul style="list-style-type: none"> • If with rexin cover, clean the mattress with 1% Sodium Hypochlorite • if its routine mattress-just dry in sun light for 1-2 days before using to next patient
Toilets	1% sodium Hypochlorite solution long handle brush detergent powder warm water	<ul style="list-style-type: none"> • Inside of toilet pot/ commode: scrub with recommended agent and brush • Outside : wet and scrub with detergent solution with Nylon scrubber



	Nylon scrubber	
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Information, Education & Communication (IEC) and Psycho-social support

As on arrival, there might be sense of psychological fear and panic among all the quarantine people and some of the involved stakeholders like health care professionals/staffs including doctors, security personnel etc.

- Inform them about quarantine being a temporary contribution towards a greater public good.
- Ensure and support for virtual communication with family and friends.
- If needed, referral to be first made to DOH psychologist helpline team.
- Explain symptoms of COVID-19, personal protective measures, written instructions on Do’s and Don’ts in the quarantine zone to be pasted at entry point to contain and avoid spread of the infection.

If there is fear in the surrounding community it needs to be addressed.

<p>Do's </p> <ul style="list-style-type: none"> • Wash hand as often thoroughly with soap and water or with alcohol-based hand Sanitizer. •Wear a surgical mask at all the time. •Limit contact with others and maintain distance of two meters. •Practice respiratory hygiene. •Throw used tissue into Plastic bag/ bin immediately. •Drink plenty of fluids. •Do keep calm and ask for help when needed. 	<p>Don'ts </p> <ul style="list-style-type: none"> •Don't touch mouth, nose and eyes. •Don't reuse the disposable masks. •Don't share personal items. •Don't spit. •Don't give handshakes. •Don't leave the Quarantine center premises during quarantine period .
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Instructions for those continuing the remaining 2 weeks quarantine at home.

- Should at all times use triple layer medical mask.
- Must stay in the identified room and away from other people in home, especially elderlies, pregnant women, infants and those with co-morbid conditions like hypertension, cardiovascular disease, etc.
- Must take rest and drink lot of fluids to maintain adequate hydration
- Follow respiratory etiquettes all the time and cover sneeze.
- Hands must be washed often with soap and water for at least 20 seconds or clean with alcohol based sanitizer.

- Shouldn't share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- Do not step out of your house during the remaining quarantine period.
- Self-monitor his/her health and report promptly if develops any development of symptoms.

Discharge of people from Quarantine Facility

The quarantine people needs to be discharged at the end of 28 days provided samples are negative (In case test services are available) and they do not show any symptoms within the quarantine period.

They should be informed to immediately report to relevant settlement staff and District Surveillance officer (DSO) in case of development of symptoms suggestive of COVID-19.

SECURITY

During the quarantine period as and when new staff was posted, it needs to be ensured that he/she received proper training before undertaking the work.

Only authorized persons or those designated in work areas are permitted to enter the quarantine areas;

Doors to remain closed at all times preferably under observation of a guard and daily census/attendance needs to be taken.

Ensure social distancing and proper use of mask at the Quarantine center.

Note: Refer the Indian Government MOHFW's quarantine guideline attached with the mail for more details.